

## ABSTRACT

The present invention recites a an exercise apparatus for use in performing abdominal exercises. The apparatus includes a back support member having a first side for supporting a back of a user and a headrest having a first side for resting a head of a user thereagainst. A means for supporting a neck and head of the user is positioned between the back support member and the headrest. When a user performs an abdominal exercise, the supporting means supports the headrest thereby preventing neck and cervical strain.